

September 2019 Vegetarian Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Closed for Labor Day	Gobhi Matar Saffron Rice Carrots- Sliced Mixed Green Salad W/ Tomato Club Roll- Sliced Fresh Orange	Channa Masala Vegetable Biryani Cauliflower Florets Lentil Soup Pumpnickel Bread Yogurt- Ind.	Cheese Pizza HD: Tortellini W/ Pesto Cream Spinach & Mushrooms Peppers & Onions Green Salad W/ Cucumber Multigrain Bread Chocolate Pudding- Ind.	Vegetable Tagine Mashed Potatoes Green Beans Vegetarian Soup Whole Wheat Dinner Roll Fruit Cup- Ind.
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Tofu & Vegetable Stir Fry Brown Rice Asian Blend Vegetables Macaroni Salad Rye Bread Mandarin Oranges- Ind.	Tuna Salad Spiral Pasta Salad Lettuce & Tomato Vegetable Soup Kaiser Roll- Sliced Jello- Ind.	Vegetable Korma Lemon Rice Toor Dal Four Bean Salad Whole Wheat Dinner Roll Applesauce- Ind.	Harvest Vegetable Ratatouille Roasted Red Potatoes Brussel Sprouts Vegetarian Soup Whole Wheat Bread Fruit Salad	Toor Dal Lemon Rice Sugar Snap Peas Cucumber Salad Pumpnickel Bread Yogurt- Ind.
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Veggie Burger Baked Beans Lettuce, Tomato, Onion Potato Salad Whole Wheat Hamburger Bun Ice Cream- Ind.	Stuffed Shells W/ Marinara Italian Blend Vegetables Zucchini & Stewed Tomatoes Tuscan Bean Soup Multigrain Bread Yogurt- Ind.	Gobhi Matar Saffron Rice Peppers & Onions Shredded Lettuce 6" Whole Wheat Tortilla Fresh Orange	Mushroom Ragout Mashed Potatoes French Green Beans Spinach Salad W/ Cranberries Whole Wheat Dinner Roll Fruit Cup- Ind.	Eggplant Rollatini Wide Noodles Sweet Peas Ratatouille Salad Whole Wheat Bread Italian Ice- Ind.
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Toor Dal Lemon Rice Broccoli Marinated Beet Salad Butternut Squash Soup Whole Wheat Dinner Roll Fresh Orange	September Celebration Gobhi Matar Saffron Rice Corn Niblets Mushrooms & Onions Coleslaw Whole Wheat Hamburger Bun Birthday Cake	Senior Walk Veggie Burger Potato Salad Lettuce & Tomato Whole Wheat Bread- 2 Slices Fruit Cup- Ind. Sugar-Free Cookies- Ind.	Cheese Omelet Salsa Diced Potatoes Ambrosia Salad Pumpnickel Bread Yogurt- Ind. Orange Juice	Vegetable Korma Lemon Rice Toor Dal Minestrone Soup Rye Bread Fruit Salad
<b>30</b>				
Channa Masala Vegetable Biryani Kale Caesar Salad Corn Muffin Yogurt- Ind.				<b>Please note that all menus:</b> -May change due to unforeseen circumstances. -Include 8oz. 1% milk and 4oz. 100% juice. -HD and diabetic clients will receive light or sugar-free desserts only.